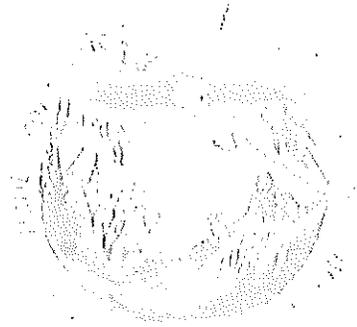


Alpine County Mental Health Board

January 25, 2018

Meeting Minutes

Firehouse Wellness Center
96 Washoe Blvd.,
Markleeville, CA 96120



MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Rita Lovell
Katherine Rakow

MEMBERS ABSENT

Jema Kimmel

Other Attendees:

Deb Goerlich, BHS Admin Asst. III

1. Call to order regular meeting:

The meeting was called to order at 12:05 p.m.

2. Oral Communication - General Public Comment

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. Consent Agenda

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of regular meeting minutes of 11/30/17.

MOTION J. Bennett /SECOND R. Lovell to approve the regular meeting minutes

AYES: J. Bennett, R. Lovell, J. Sweeney

NOES: NONE

MOTION CARRIED

4. New Business:

4.1 Request selection of Chair for calendar year 2018 Nominations open

MOTION R. Lovell/SECOND J. Bennett for the nomination of J. Sweeney

AYES: R. Lovell, J. Bennett, J. Sweeney

NOES: NONE

MOTION CARRIED

Approved as submitted on 3/22/2018

- 4.2 Request selection of Vice Chair for calendar year 2018
Nominations open

MOTION R. Lovell/SECOND J. Sweeney for the nomination of J. Bennett

AYES: R. Lovell, J. Sweeney, J. Bennett

NOES: NONE

MOTION CARRIED

- 4.3 Discussion and possible action for Mental Health Board Advisory Member(s)
to attend the 2018 National NAMI Convention in New Orleans, LA, June 27-30.

MOTION J. Bennett/SECOND R. Lovell for the recommendation to the Board of Supervisors to approve the travel of Jane Sweeney to attend the 2018 NAMI Convention in New Orleans, LA

AYES: R. Lovell, J. Bennett, J. Sweeney

NOES: NONE

MOTION CARRIED

MOTION R. Lovell/SECOND J. Sweeney for the recommendation to the Board of Supervisors to approve the travel of Jessica Bennett to attend the 2018 NAMI Convention in New Orleans, LA

AYES: R. Lovell, J. Sweeney, J. Bennett

NOES: NONE

MOTION CARRIED

- 4.4 Discussion and possible action for Mental Health Board Advisory Member(s)
attend the NAMI Annual Conference in Monterey, CA, June 1-2.

MOTION R. Lovell/SECOND J. Bennett for the recommendation to the Board of Supervisors to approve the travel of Jane Sweeney to attend the NAMI Annual Conference in Monterey CA

AYES: R. Lovell, J. Bennett, J. Sweeney

NOES: NONE

MOTION CARRIED

MOTION R. Lovell/SECOND J. Sweeney for the recommendation to the Board of Supervisors to approve the travel of Jessica Bennett to attend the NAMI Annual Conference in Monterey CA.

AYES: R. Lovell, J. Sweeney, J. Bennett

NOES: NONE

MOTION CARRIED

- 4.5 Review Board of Supervisor approval of By-Law changes

Reviewed – No action taken

5. Unfinished Business

- 5.1 Program Improvement Plan (PIP) Review

Nothing to report

6. **Board Member Reports:**

- A) Chair Sweeney reported she attended the "Art Series" Pottery Wheel. She enjoyed it very much. Melanie Smokey, Native Wellness Advocate allowed folks to return on Monday (during drop in hours) to finish their project.
- B) Vice Chair Bennett shared she was an attendee at the Integrated Health Care meeting including PHS, BHS and HHS. Public Health has implemented a referral process in their progress notes so that the client can gain access to either department, to meet their needs.
- C) Member Rakow reported she attended the CIT meeting, which included BHS, Sheriff's office, the new Social Worker and the general public. She was very pleased to see the County group coming together.

She also shared that she has been educating herself on (Chronic traumatic encephalopathy) CTE. She has brought this to Alpine Co. officers, suggesting them to become more aware or versed and educated in this disorder, as it is becoming prevalent.

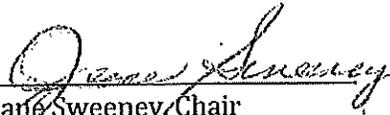
- D) Member Kimmel was not present.
- E) Member Lovell reported she is planning to attend a CIT meeting as soon as her schedule allows.

Library and BHS are partnering with the 3D Printer, recently purchased. Making it available to the community to make items.

Also, at the Library Free Jam Friday's (every Friday) from 3-5 hosted by Chris Seal.

7. **Adjournment: 1:02 pm**

The next regular meeting of the Mental Health Board will be held on February 22, 2018 at the HHS Conference Room, 75A Diamond Valley Road, Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board

Approved as submitted on 4/26/18 with corrections

Alpine County Mental Health Board

March 22, 2018

Meeting Minutes

Firehouse Wellness Center
96 Washoe Blvd.,
Markleeville, CA 96120

MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Rita Lovell
Katherine Rakow

MEMBERS ABSENT

Jema Kimmel
Tanya Berger

Other Attendees:

Alissa Nourse, BHS Director
Deb Goerlich, BHS Admin Asst. III
Gail St. James, LMFT, BHS Clinical Coordinator
Misty Dees, BHS AOD Program Specialist
Crystal Pitts, LMFT, BHS Clinician

1. Call to order regular meeting:

The meeting was called to order at 12:05 p.m.

2. Oral Communication - General Public Comment

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. Consent Agenda

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of regular meeting minutes of 1/25/2018

MOTION J. Bennett /SECOND J. Sweeney to approve the regular meeting minutes

AYES: J. Bennett, J. Sweeney R. Lovell, J. Kimmel, T. Berger

NOES: NONE

MOTION CARRIED

4. New Business:

4.1 BHS Clinical Coordinator and Clinical team visit

Alpine County Progression of Services Presentation

- Gail St. James, LMFT – Intake & Assessment process
- Crystal Pitts, LMTT – Groups Clinical and Non-Clinical
- Misty Dees, AOD Program Specialist – Individual Treatment/ Dual Diagnosis Group “Seeking Safety”/Prevention with Co-occurring disorders

See attached item 4.1a

4.2 Discussion and possible action for Mental Health Board Advisory Member(s) to attend the CA Mental Health Planning Council (CAMHPC) General Session on Friday, April 20, 2018 in the morning and/or the California Association of Local Behavioral Health Boards/Commission (CALBHB/C) meeting on Friday afternoon in Redwood City, CA

MOTION J. Sweeney /SECOND J. Kimmel for the approval of travel for J. Bennett to attend

AYES: J. Sweeney, J. Kimmel, R. Lovell, T. Berger, J. Bennett

NOES: NONE

MOTION CARRIED

4.3 Discussion and possible action for Mental Health Board Advisory Member(s) to attend the “Behavioral Health Boards and Commission 101” sponsored by CIBHS, On Saturday, April 21st, 2018, Redwood City, CA

MOTION R. Lovell /SECOND J. Sweeney for the approval of travel for J. Bennett to attend

AYES: R. Lovell, J. Sweeney, T. Berger J. Bennett.

NOES: NONE

MOTION CARRIED

4.4 May events planning

- Jason Simon Presentation May 23rd, time and place TBD
- ACBHS Sponsoring Jeremy McGhee from Mammoth “Do What You Love” at the CVIC Hall date TBD
- Jane recommended that the Clinical team present the ACBHS Progression of Services at the May 50+potluck
- Stay Calm be Kind T-shirts for the County Employees

4.5 Discussion on Consumer Participation in Crisis Intervention Training (CIT) meetings, Mental Health Board, Quality Improvement (QI) meetings and Cultural Humility (CH) meetings.

Alissa reported to the board that ACBHS is extending the invitation to those who may have experienced MH issues, including their family/friends to participate in the CIT meeting. She also, extended it to the MHB members.

5. Unfinished Business

5.1 Director Report – Alissa Nourse

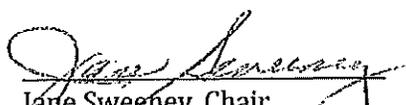
- CIT Meeting held yesterday, Paula Smith Washoe Tribe attended
- Douglas County CIT to commence quarterly here on out
- Deputy's Case and Lowry went to the debriefing
- ACBHS Clinical Staff got CIT certified
- Introduced the new BV MHSA Specialist Lisa Hope
- Introduced the new Suicide Prevention Network Coordinator for Alpine County
- Reported the Mental Health Services Act (MHSA) Three Year Plan meeting postponed until the first week of April
- The Board of Supervisors approved Jane, Chair and Jessica Bennett, Vice Chair to attend the NAMI Conventions and the NAMI Annual Conference
- The BHS Building is moving along, the architect has the documents to review and they will be sent to the BOS for approval

6. Board Member Reports:

- A) Chair Sweeney reported that she attended the pottery class at the Firehouse Wellness Center, as well as a 4 week class in Reno at the Pottery Wheel. She found it to be very therapeutic. She learned a lot about Native American practices through Melanie Smokey, the NA Wellness Advocate. She also reported on the Water Aerobics class she attended.
- B) Vice Chair Bennett excited about the trainings and the conferences that she will be attending, representing Alpine County..
- C) Katherine Rakow – shared the Megan Kelly show – episode on Conduct disorder. Group is formulating a Program called STOP. She asked Alissa to gather more information on this.
- D) Jema Kimmel reported that she attended the CTG in Bear Valley and folks were coming in droves. 35 people attending.
- E) Rita Lovell reported that she attended the CIT meeting and happy to see the folks come together. She is still attending YOGA.
- F) Tanya Berger reported that she is happy to be back on the board.

7. Adjournment: 1:02 pm

The next Public Hearing meeting of the Mental Health Board will be held on April 26, 2018 at the HHS Conference Room, 75A Diamond Valley Road, Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board



Approved with corrections on 5/24/18

Alpine County Mental Health Board

April 26, 2018

Meeting Minutes

HHS Conference Room
75A Diamond Valley Road
Markleeville, CA 96120

MEMBERS PRESENT

Jessica Bennett
Rita Lovell
Jema Kimmel
Tanya Berger

MEMBERS ABSENT

Jane Sweeney
Katherine Rakow

Other Attendees:

Deb Goerlich, BHS Admin Asst. III
Alissa R. Nourse, BHS Director
Amy Broadhurst, MHSA Specialist

1. Call to order regular meeting:

The meeting was called to order at 12:00 p.m.

2. Oral Communication - General Public Comment

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. Consent Agenda

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of regular meeting minutes of 3/22/2018

MOTION R. Lovell /SECOND J. Kimmel to approve the regular meeting minutes

AYES: R. Lovell, K. Kimmel, J. Bennett, T. Berger

NOES: NONE

MOTION CARRIED



Approved with corrections on 5/24/18

4. New Business:

- 4.1** Public Hearing to gather further public comment; discussion and possible action, so that the Mental Health Board members can review the Alpine County Mental Health Services Act (MHSA) Annual Update FY 2018-19 and to make any recommendations for revisions.

POWERPOINT PRESENTATION given by Amy Broadhurst, MHSA Program Specialist - [copies available by request]

Annual update plan Posted for 30 days for public comment - posted 4/24 thru 5/23 copies available - See attached 4.1 (a)

Comments given to Amy Broadhurst to add to the plan

4.2 May Planning Event

- Requests for May Mental Health Month "Stay Calm and Be Kind" T-Shirts has been given to Alissa, BHS Director
- New Mental Health Month swag ordered - Pop Sockets and lunch containers with ACBHS LOGO

5. Unfinished Business

5.1 Director Report - Alissa Nourse

- Reported Lisa Hope, BV MHSA Coordinator has resigned

5.2 Program Improvement Plan (PIP) Review

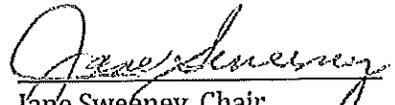
- Working on PIP gathering data and sending to I.D.E.A. Consultants
- Clinical PIP WORK IN PROGRESS strengths model

6. Board Member Reports:

- A) Chair Sweeney, Chair not present
- B) Vice Chair Bennett reported on the presentation she attended and the Board meeting to view how a board is run. The training was great, "How to be a Board member" She recommended to have Susan Wilson from CIBHS, come to Alpine County to present the training to the MHB members.
- C) Member Rakow was not present:
- D) Member Kimmel Confirming the resignation of both Lisa Hope and Merritt Tutthill. How can she help? Folks asked about helping for the CTG and would they get paid.... Alissa to look into it.
- E) Member Lovell reported downstairs meeting room in the library has had a facelift, Smart TV, so that you may do webinars and presentations. Still attending yoga.
- F) Member Berger reported on chair exercise/yoga and she took the 3D printing class, in which she enjoyed very much.

7. Adjournment: 1:23 pm

The next regular meeting of the Mental Health Board will be held on June 28, 2018 at the HHS Conference Room, 75A Diamond Valley Road, Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board

Approved as submitted on 7/26/2018

Alpine County Mental Health Board

May 24, 2018

Meeting Minutes

Firehouse Wellness Center

96 Washoe Blvd.,
Markleeville, CA 96120

MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Katherine Rakow

MEMBERS ABSENT

Tanya Berger
Rita Lovell



Roll Call

Via Teleconference (712) 775-7031 ID No. 874-825#

Location: Alpine County Sheriff Substation

88 Bear Valley Rd., Bear Valley CA 96120

Attendee(s): Member Jema Kimmel

Other Attendees:

Alissa R. Nourse, BHS Director
Deb Goerlich, BHS Admin Asst. III
Amy Broadhurst, MHSA Program Specialist

1. Call to order regular meeting:

The meeting was called to order at 12:09 p.m.

2. Oral Communication - General Public Comment

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. Consent Agenda

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of corrected regular meeting minutes of 04/26/2018.

MOTION J. Bennett/SECOND J. Kimmel to approve the regular meeting minutes

AYES: J. Bennett, J. Kimmel, R. Lovell, J. Sweeney

NOES: NONE

MOTION CARRIED

4. New Business:

4.1 Mental Health Board Members to vote on approval of plan and recommendation to the Board of Supervisors to approve the Alpine County MHSA Annual Update and Three-Year Program & Expenditure Plan FY 2017-20.

MOTION J. Sweeney/SECOND J. Kimmel to approve the Alpine County MHSA Annual Update and Three-Year Program & Expenditure Plan FY 2017-20 and make recommendation to the Board of Supervisor to approve the plan

AYES: J. Sweeney, J. Kimmel, R. Lovell, J. Bennett,

NAES: NONE

MOTION CARRIED

5. Unfinished Business

5.1 Director Report – Alissa Nourse

5.2 Program Improvement Plan (PIP) Review

6. Board Member Reports:

(A) Jane Sweeney, Chair reported she had some great responses to the 3D printer. She is looking for to the NAMI conferences. Upon her return, she will do a presentation. She also shared the Grand Opening of the Mad Dog Café on June 9th from 10-2”, Rediscovering Woodfords.”

(B) Jessica Bennett, Vice Chair shared that she enjoyed the Jason Simon presentation, the message was great. She is looking forward the NAMI State Conference.

(C) Katherine Rakow shared Jason Simon’s message, rags to riches, he went after his goals. Tragedies changed his dream and he is now a physical therapist. Member Rakow shared some of her favorite recent reads:

1. “The Neuroscientist Who Lost Her Brain”
2. “My Tale of Madness & Recover”
3. “Finding Healing and Happiness After the Cleveland Kidnappings “Life After Darkness”
4. “Finding Me”

(D) Jema Kimmel shared she will post the flyer for the position of the extra help for Create the good dinners. It is a quiet time in Bear Valley, gearing up for Memorial Day Weekend.

(E) Rita Lovell not present.

(F) Tanya Berger not present.

NONE

7. Adjournment: 1:00 pm

The next regular meeting of the Mental Health Board will be held July 26th, 2018, at the Firehouse Wellness Center, 96 Washoe Blvd., Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board

Alpine County Mental Health Board

July 26, 2018

Meeting Minutes

Firehouse Wellness Center
96 Washoe Blvd.,
Markleeville, CA 96120

MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Katherine Rakow
Rita Lovell

MEMBERS ABSENT

NONE



Roll Call

Via Teleconference (712) 775-7031 ID No. 874-825#

Location: Alpine County Sheriff Substation

88 Bear Valley Rd., Bear Valley CA 96120

Attendee(s): Member Jema Kimmel

Other Attendees:

Alissa R. Nourse, BHS Director
Deb Goerlich, BHS Admin Asst. III

1. Call to order regular meeting:

The meeting was called to order at 12:06 p.m.

2. Oral Communication - General Public Comment

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. Consent Agenda

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of corrected regular meeting minutes of 05/24/2018.

MOTION, R. Lovell /SECOND J. Bennett to approve the regular meeting minutes

AYES: R. Lovell, J. Bennett, J. Kimmel, J. Sweeney

NOES: NONE

MOTION CARRIED

4. New Business:

4.1 Discussion and possible action on the California Association of Local Behavioral Health Boards/Commission [CALBHB/C] membership dues.

MOTION J. Bennett/SECOND R. Lovell to approve the annual membership dues

AYES: J. Bennett, R. Lovell, J. Sweeney, J. Kimmel,

NAES: NONE

MOTION CARRIED

5. Unfinished Business

5.1 Director Report – Alissa Nourse

- I. Shared to the members of her resignation, effective September 28, 2018. She made herself available to the members or as individuals, if they have any needs.
- II. New Clinician Cecelia McPherson, LCSW, hired for the Bear Valley BHS office. Working 24 hours a T, W, & Th, including time at the school.
- III. Reported the implementation of the Strengths Model is complete. It will be utilized working with the clients strengths models and with staff. To be used with clients goals. August 26th & 27th, last learning session of four, with a September visit.
- IV. August 22nd, 8-10 a.m., Strengths Model of Clinical Services. Strengths Assessment; what goal does the client want to work on to develop their treatment plan. The plan is sought out with treatment.
- V. Discussion on the designing the Mental Health Brochure kiosks for placement in the designated locations in the County.
- VI. Hi speed internet coming to the Firehouse Wellness Center.
- VII. Building update: The BOS has approved the new building plans. Waiting on bids from Contractors.
- VIII. Longer term contracts with SUD Funds Providers; Bear Valley Parents Group (BVPG) "Camp for Kids", Tahoe Youth & Family Services (TYFS) "Alpine Mentoring" – SUD funds.lo
- IX. Also longer terms with contract with Suicide Prevention Network and the PBIS with Diamond Valley School

5.2 Program Improvement Plan (PIP) Review.

- I. The PIP both Clinical and Non-Clinical are in their final version. EQRO is on September 5th. Members may be contacted to participate in an interview.

5.3 Quarterly Financial Review

- I. Director reported that it is required now to report the FY 16/17 MHSA Revenue Reports. Reports were disseminated..

6. Board Member Reports:

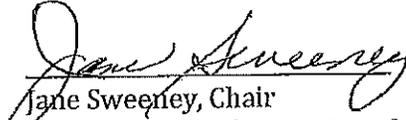
- (A) Jane Sweeney, Chair shared her experience at the National NAMI Conference. She shared it is the 30 year Anniversary for CIT (Crisis Intervention Teams) and it has grown in 2,700 cities.
- (B) Jessica Bennett, Vice Chair shared that she enjoyed the National NAMI Conference very much, especially the documentary "MORAL INJURY- Almost Sunrise".

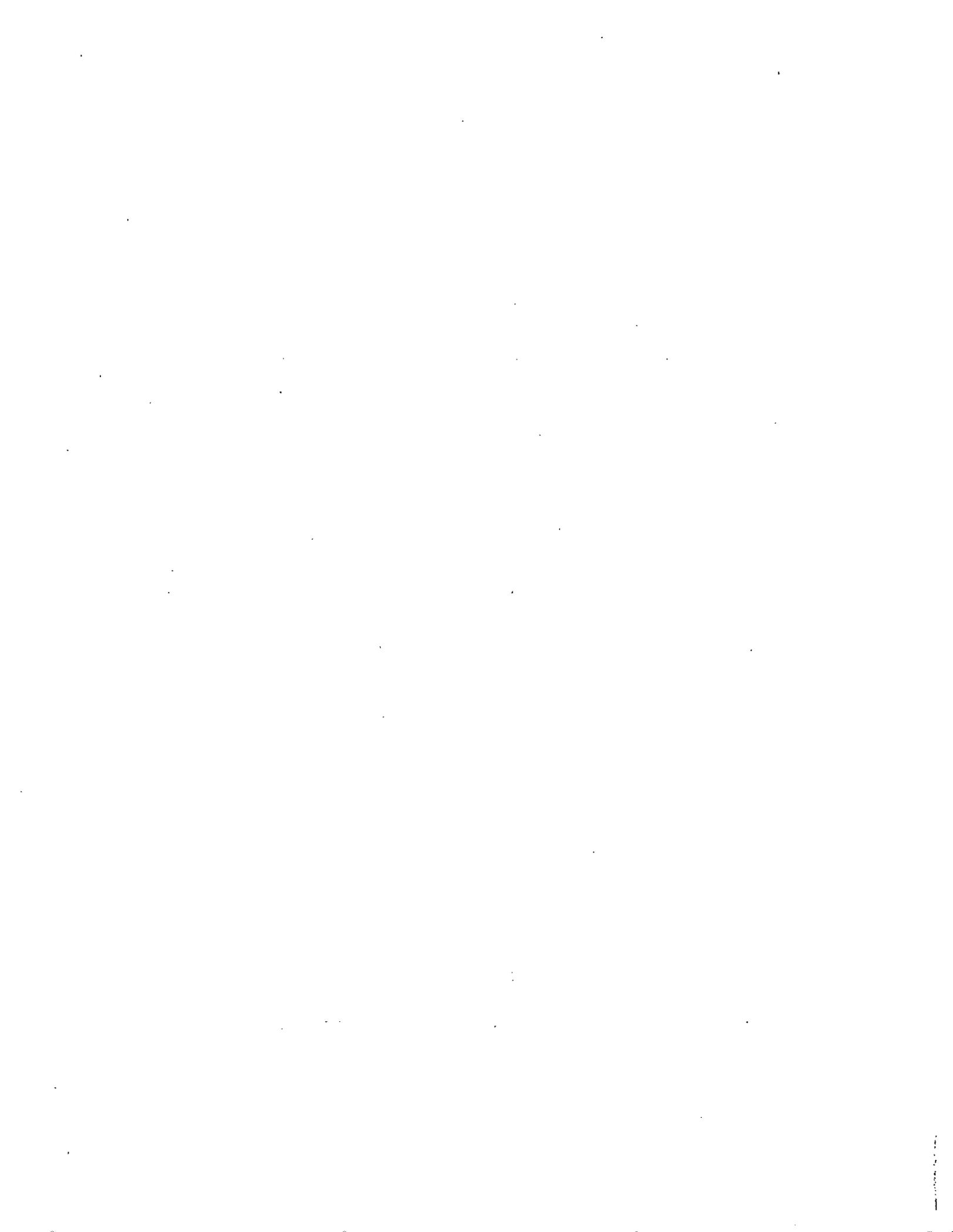
- (C) Katherine Rakow thanked Alissa Nourse and Misty Dee for the SUD Presentation to the BOS.
She reported the Washoe Tribe is considering implementing Medical Marijuana in the Washo Community.
- (D) Jema Kimmel shared Vicky made a delicious meal for Create the Good (CTG).
There were lots of people.
- (E) Rita Lovell shared that after 3 years of Yoga, she has noticed the automatic responses in her daily life learned through practice.

NONE

7. Adjournment: 1:06 pm

The next regular meeting of the Mental Health Board will be held August 23rd, 2018, at the Firehouse Wellness Center, 96 Washoe Blvd., Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board



Approved as submitted on January 24, 2019

Alpine County Mental Health Board

August 23, 2018

Meeting Minutes

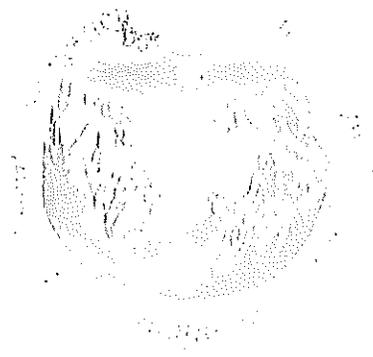
HHS Conference Room
75A Diamond Valley Road
Markleeville, CA 96120

MEMBERS PRESENT

Jane Sweeney
Jessica Bennett
Katherine Rakow
Rita Lovell

MEMBERS ABSENT

Jema Kimmel



Other Attendees:

Alissa R. Nourse, BHS Director
Deb Goerlich, BHS Admin Asst. III

1. **Call to order regular meeting:**

The meeting was called to order at 12:06 p.m.

2. **Oral Communication - General Public Comment**

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. **Consent Agenda**

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of corrected regular meeting minutes of 7/26/2018.

MOTION, R. Lovell /SECOND J. Bennett to approve the regular meeting minutes

AYES: R. Lovell, J. Bennett, J. Sweeney

NOES: NONE

MOTION CARRIED

4. New Business:

NONE

5. Unfinished Business

5.1 Director Report – Alissa Nourse

- Building update – Three bids came in high. The item was tabled to the September 4th, 2018 BOS meeting, to award the contract.
- Working BHS Building Budget was disseminated – Exhibit “A”.
- EQRO was here on September 5th and 6th, 2018.

5.2 Program Improvement Plan (PIP) Review – Alissa Nourse

The PIP’s have been completed.

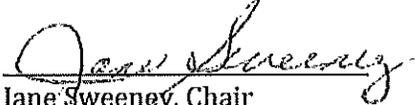
- I. Clinical PIP report disseminated – Exhibit “A”
- II. Non-Clinical report disseminated – Exhibit “B”

6. Board Member Reports:

- (A) Jane Sweeney, Chair, shared her appreciation and thanked Alissa for ALL of her contributions and efforts made during her time here at BHS.
- (B) Jessica Bennett, Vice Chair thanked Alissa for being such a great help with the Mental Health Board and commended her on her accomplishments in the BHS Dept.
- (C) Katherine Rakow, BOS liaison, thank Alissa for all that she has done within her Department: building the programs and with the staffing.
- (D) Jema Kimmel not present.
- (E) Rita Lovell shared her joy and thankfulness for the YOGA program.

7. Adjournment: 1:06 pm

The next regular meeting of the Mental Health Board will be held September 27, 2018, at the Firehouse Wellness Center, 96 Washoe Blvd., Markleeville, CA 96120.


Jane Sweeney, Chair
Mental Health Advisory Board